**Army JROTC Grooming Policy**

Each of the military services imposes grooming standards on their military personnel, as part of their *Dress & Appearance* or *Uniform* regulations. For the United States Army, grooming standards are contained in [Army Regulation 670-1](http://usmilitary.about.com/library/milinfo/arreg2/blar670-1.htm) - *WEAR AND APPEARANCE OF ARMY UNIFORMS AND INSIGNIA* and are shown below:

**General**

The Army is a uniformed service where discipline is judged, in part, by the manner in which a JROTC cadet wears a prescribed uniform, as well as by the individual’s personal appearance. Therefore, a neat and well-groomed appearance by all Cadets is fundamental to the Army and contributes to building the pride and esprit essential to an effective Corps of Cadets. A vital ingredient of the Corps’ strength and military effectiveness is the pride and self-discipline that American JROTC Cadets bring to their Unit through a conservative military image. It is the responsibility of cadet commanders to ensure that Cadets under their command present a neat, military appearance. Therefore, in the absence of specific procedures or guidelines, cadet commanders must determine a cadet’s compliance with standards in this policy. Cadets must take pride in their appearance at all times while in uniform. See the JROTC instructor with any questions about this policy.

The requirement for hair grooming standards is necessary to maintain uniformity within the Corps of Cadets. Many hairstyles are acceptable, as long as they are neat and conservative. It is not possible to address every acceptable hairstyle, or what constitutes eccentric or conservative grooming. Therefore, it is the responsibility of cadet leaders at all levels to exercise good judgment when inspecting cadets for compliance with the grooming policy. All cadets will comply with the hair, fingernail, and grooming policies while in any Army JROTC cadet uniform.

Cadet leaders will judge the appropriateness of a particular hairstyle by the appearance of headgear when worn. cadets will wear headgear as described in the applicable chapters of this regulation. Headgear will fit snugly and comfortably, without distortion or excessive gaps. Hairstyles that do not allow cadets to wear the headgear properly are prohibited, and will affect the cadet’s weekly uniform inspection grade.

Extreme, eccentric, or trendy haircuts or hairstyles are not authorized while in the cadet uniform. If cadets use dyes, tints, or bleaches, they must choose those that result in natural hair colors. Colors that detract from a professional military appearance are prohibited while in uniform. Therefore, cadets should avoid using colors that result in an extreme appearance. Applied hair colors that are prohibited include, but are not limited to, purple, blue, and pink, green, orange, bright (fire-engine) red, and fluorescent or neon colors. It is the responsibility of cadet leaders to use good judgment in determining if applied colors are acceptable. Any questions will be addressed to the JROTC instructors,

Cadets who have a texture of hair that does not part naturally may cut a part into the hair. The part will be one straight line, not slanted or curved, and will fall in the area where the soldier would normally part the hair. Cadet will not cut designs into their hair or scalp, while in uniform.

**Males**

Male haircuts will conform to the following standards: 1) *The hair on top of the head must be neatly groomed*. The length and bulk of the hair may not be excessive or present a ragged, unkempt, or extreme appearance. The hair must present a tapered appearance. A tapered appearance is one where the outline of the cadet’s hair conforms to the shape of the head, curving inward to the natural termination point at the base of the neck. When hair is combed, it will not fall over the ears or eyebrows, or touch the collar, except for the closely cut hair at the back of the neck. The block-cut fullness in the back is permitted to a moderate degree, as long as the tapered look is maintained. In all cases, the bulk or length of hair may not interfere with the normal wear of headgear. Males are not authorized to wear braids, cornrows, or dreadlocks (unkempt, twisted, matted, individual parts of hair) while in uniform. Hair that is clipped closely or shaved to the scalp is authorized. 2) *Males will keep sideburns neatly trimmed*. Sideburns may not be flared; the base of the sideburn will be a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening. 3) *Males will keep their face clean-shaven when in uniform*. Mustaches are permitted; if worn, males will keep mustaches neatly trimmed, tapered, and tidy. Mustaches will not present a chopped off or bushy appearance, and no portion of the mustache will cover the upper lip line or extend sideways beyond a vertical line drawn upward from the corners of the mouth. Handlebar mustaches, goatees, and beards are not authorized. 4) *Males are prohibited from wearing wigs or hairpieces while in uniform*.

*Males are prohibited from wearing cosmetics, to include nail polish*. All personnel will keep fingernails clean and neatly trimmed. Males will keep nails trimmed so as not to extend beyond the fingertip.

**Females**

Female haircuts will conform to the following standards: 1) Females will ensure their hair is neatly groomed, that the length and bulk of the hair are not excessive, and that the hair does not present a ragged, unkempt, or extreme appearance. Likewise, trendy styles that result in shaved portions of the scalp (other than the neckline) or designs cut into the hair are prohibited. Females may wear braids and cornrows as long as the braided style is conservative, the braids and cornrows lie snugly on the head, and any hair-holding devices comply with the standards below. Dreadlocks (unkempt, twisted, matted individual parts of hair) are prohibited in uniform. Hair will not fall over the eyebrows or extend below the bottom edge of the collar at any time during normal activity or when standing in formation. Long hair that falls naturally below the bottom edge of the collar, to include braids, will be neatly and inconspicuously fastened or pinned, so no free-hanging hair is visible. This includes styles worn with the physical fitness uniform/improved physical fitness uniform (PFU/IPFU). 2) Styles that are lopsided or distinctly unbalanced are prohibited. Ponytails, pigtails, or braids that are not secured to the head (allowing hair to hang freely), widely spaced individual hanging locks, and other extreme styles that protrude from the head are prohibited. Extensions, weaves, wigs, and hairpieces are authorized; however, these additions must have the same general appearance as the individual’s natural hair. Additionally, any wigs, extensions, hairpieces, or weaves must comply with the grooming policies set forth in this paragraph. 3) Females cadets will ensure that hairstyles do not interfere with proper wear of military headgear. When headgear is worn, the hair will not extend below the bottom edge of the front of the headgear, nor will it extend below the bottom edge of the collar.

Hair-holding devices are authorized only for the purpose of securing the hair. Female cadets will not place hair-holding devices in the hair for decorative purposes. All hair-holding devices must be plain and of a color as close to the cadet’s hair as is possible or clear. Authorized devices include, but are not limited to, small, plain “scrunchies” (elastic hair bands covered with material), barrettes, combs, pins, clips, rubber bands, and hair bands. Devices that are conspicuous, excessive, or decorative are prohibited. Some examples of prohibited devices include, but are not limited to, large, lacy “scrunchies”; beads, bows, or claw clips; clips, pins, or barrettes with butterflies, flowers, sparkles, gems, or scalloped edges; and bows made from hairpieces.

As with hairstyles, the requirement for standards regarding cosmetics is necessary to maintain uniformity and to avoid an extreme or unmilitary appearance. Females are authorized to wear cosmetics with all uniforms, provided they are applied conservatively and in good taste and complement the uniform. Cadet leaders at all levels must exercise good judgment in the enforcement of this policy. See the JROTC instructors with any questions.

Females may wear cosmetics if they are conservative and complement the uniform and their complexion. Eccentric, exaggerated, or trendy cosmetic styles and colors, to include makeup designed to cover tattoos, are inappropriate with the uniform and are prohibited. Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined above.

Females will not wear shades of lipstick and nail polish that distinctly contrast with their complexion, that detract from the uniform, or that are extreme. Some examples of extreme colors include, but are not limited to, purple, gold, blue, black, white, bright (fire-engine) red, khaki, camouflage colors, and fluorescent colors. Female cadets will not apply designs to nails or apply two-tone or multi-tone colors to nails, while in any cadet uniform.

All personnel will keep fingernails clean and neatly trimmed. Females will not exceed a nail length of 1/4 inch, as measured from the tip of the finger.